

**D-3150P****ABSTRACT**

A kit for treating hot flashes in a menopausal woman includes one or more cooling devices suitable to be placed on skin, and instructions for applying one or more cooling devices at a hot flash origin site, such as a location on the woman's back, such as between the shoulder blades of the woman when experiencing a hot flash. The cooling device or devices may be provided in a sealed package. The cooling devices may be in the form of an adhesive patch that can adhere to the woman's skin. A method for treating hot flashes includes providing one or more cooling devices, and instructing a woman to place the cooling device or devices on her back between her shoulder blades, for example.